

The Wet Gazette

The LMSC for Virginia – Serving Swimmers in Virginia And West Virginia
August 15, 2011

New LC Meet!

The **Shenandoah Marlins of Waynesboro** are hosting a long course (50 meter pool) meet on Saturday, September 10. The entry form is included in this issue.

Note to future meet directors: I usually require meet entries to be limited to 2 pages for the newsletter. Because the meet is so close and because I have been away at nationals, I have included the 3 page entry.

The meet includes a full slate of events. Entries are due by Thursday, September 8.

We (swimmers in Virginia) are fortunate to have an opportunity to swim a long course meet. Let's make a big effort to enter and encourage our workout mates to enter also. We want to be sure to have enough entries to make the meet worthwhile for the Marlins to run.



Chris Greene Lake Recap

From Dave Holland, Race Director

Thanks to a great turnout and another superb effort from the VMST volunteers, everyone enjoyed another great day on the beach at CGL on July 9, 2011. This year marked the 35th annual running of the 2-mile cable event, and the third time that we've offered the 1-mile cable. VMST has been hosting this event since 1981, and the volunteers truly make this a unique open water experience. With a low-key atmosphere, affordable entry fees, and serene water, CGL is a great venue for newbies to open water. The consistently good course conditions also make it attractive to returnees. We offered USMS One Event registration this year, and 19 swimmers (mostly triathletes) took advantage of that option. Some of the highlights of this year's race:



1. **Abby Nunn** was the overall winner and she was also the female winner for the 3rd consecutive year.
2. **Chris Stevenson** won the men's race for the 5th time.
3. **Nancy Brown** broke the national record in her age group (75-79) for the one-mile cable by 5 minutes.
4. **Shirley Loftus-Charley**, in her 30th consecutive year at CGL, broke her first national record in the 2-mile event (women 55-59, time of 45:55.10). She also broke her own national record in the 1-mile with a sterling 22:39.47.
5. 89 swimmers competed in the 1-mile and 85 finished the 2-mile, for one of our largest turnouts in recent history.

I'd like to thank all of the volunteers for making this event possible, starting with Matt Smith and his staff at Albemarle County, and Noah Madden and his dive rescue team from Charlottesville-Albemarle Rescue Squad. Without their tireless support and professional expertise, this event would not be possible. Thanks as well to the following swimmers and support personnel:

- Chris Parsons, Craig Charley, Charlie Tupitza, and Elizabeth Cohen** for giving up their weekend to transport all of the gear and help set up the course
- **Danielle and Adam Myers** for spending their first wedding anniversary at the lake. Danielle helped with check-in and Adam was our Official Timekeeper.
- **Susan Bryant** for spending all morning in a kayak as our official "strokes-and-turns" judge.
- **Diane Cayce, Beth Frackleton, and Robert Brennan** for helping corral swimmers at the finish.

See *Lake* on page 3.



If you do not have internet access, contact me (Editor's information below), and I will send you an entry.

September 10: LC in Waynesboro
Entry is in this newsletter.

October 30: GMUP Sprint Classic
See PV website.

October 29-30: SCM in Charlotte
See NC website.

November 5: SCM in Virginia Beach
Entry will be in October newsletter.

November 10-15: Pam Ams
Rio de Janerio, Brazil. Go to usms.org.

December: SCM in Boston

January: Tropical Splash in Alexander;
2-day meet in Charlotte.

February: VMST Winter Meet, Richmond

March: Warrenton

April: Zones at GMU

April 25-29: SC Nationals, Greensboro, NC

June 10-16: FINA Worlds in Italy

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Virginia LMSC Website

www.vaswim.org

USMS Website

www.usms.org

Latest info on all levels of swimming

www.SwimmingWorldMagazine.com

Nearby LMSCs

North Carolina: www.ncmasters.org

Maryland: www.maryland@usms.org

Potomac Valley: www.PVMasters.org

Colonies Zone

www.ColoniesZone.org

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Records and Top Ten: Chris Stevenson

chrisl Stevenson@usms.org, 804-282-0124

Graphics from www.swimgraphics.com

Lake continued from page 1.

- **Mary Turner, Claire Russo, Patty Miller, and Kathy Nunn** for expert timing
- **Chris and Heather Stevenson** for hy-tek entry and scoring (Heather worked while Chris swam, and vice versa)
- **Ian Stevenson** was our "Runner" and he took it so seriously that he actually sprinted with results from the beach to the computer!
- **Jim Miller, MD** for acting as starter/ announcer with his usual nice blend of competence and wit.
- **Betsy Durrant** for all of her behind-the-scenes work with financials
- **Elizabeth Cohen** for all of her many hours in designing and producing our t-shirts.
- **Kristan Jacobson** for her help with volunteer lunches and clean-up.
- **Shirley Loftus-Charley** for purchasing all of the food.

Traditionally, this race takes place on the second Saturday of July, so plan on **Sat, July 14, 2012** for next year's event!

USMS Summer Nationals Highlights

From Chris Stevenson
The USMS Summer (long-course) Nationals were just held in Auburn, AL on Aug 3-6. The results have been added to our website; there were 15 members of our LMSC present, representing VMST (13), QMST (1), and FYS M (1). There was a lot of fast swimming!

•Nine of the swimmers won one or more individual national championships: **Pam Dameron, Billy Gaines, Channing Hardin, Kate Hibbard, Dave Holland, Danielle Myers, Kelly Parker Palace, Beth Schreiner, and Chris Stevenson.** Billy and Chris won five championships each, while Beth won all four events that she entered, repeating her feat from the Spring (short-course) National Championship. Two VMST relays won national



championships, both winning relays consisting of Kelly, Beth, Betsy Durrant, and Nancy Betts.

- A whopping 28 new LMSC records were set; see the table below for more details. Billy, Kate and Kelly led the way with 4 records apiece. Eight of the new records are also potential new Colonies Zone records, while Beth and Chris each set one new national/world record.
- Virginia Masters Swim Team (VMST) was very impressive in winning third place in the Local Clubs category, scoring a mere 2 points more than 4th-place Woodlands Masters. For a change, scoring between genders was pretty balanced — usually the women carry the team — with VMST placing third in both men and women scores. But guys, don't get too full of yourself: it took 7 men to score about as many points as 5 women...!
- This was new masters swimmer Nancy Bett's first-ever national championship. She was very impressive in her debut, setting a new LMSC record in the 50 backstroke and being a member of two national championship relays. Way to go, Nancy!

•As usual, USMS posted daily videos with interviews and highlights of the meet. Watch them all: it's the next best thing to being there! My favorite was the Day 2 video. But don't miss the Day 1 video, with its interview of VMST member Mark Palace. We also uploaded plenty of photos of the meet (see vaswim.org).

Editor's Note: Chris briefly mentions national and world records, but here are the details:

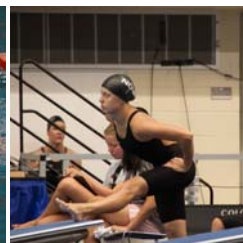
Beth Schreiner, National Record: 50 free

Chris Stevenson, World/Nat'l Record: 200back

Also, Bill Winters of Richmond, who swims at NOVA, represented a team made up of Auburn Alumni swimmers.



Bill Winters



Danielle Myers



Kelly Parker Palace

Club Spotlight: Peluso Open Water Masters

There is a new club in Richmond, a unique blend of swimmers and triathletes with a focus on open water swimming. **Jay Peluso**, the LMSC Coaches Chair, is the head coach; he approached **Terry Sue Gault**, former LMSC Chair and current coach of St. Catherine's School swim team, for a good place to swim. Peluso Open Water Masters (POWM) was born! See http://web.me.com/jpeluso1/Peluso_Open_Water/Masters_Training_Program.html for more details. **Heather Stevenson** convinced Terry Sue and Jay to answer some questions.

Q: Tell me about yourself (dogs, cats, fish, kids, etc.)

Terry Sue Gault: I have 2 cats, Buddy and Scout. I have a step-daughter who has 4 month-old baby.

Jay Peluso: In my "real" life I have my own law practice with a focus on criminal defense and domestic relations. I live with my girlfriend Wynne who is a recruiter for CapTech. We have a dog, two cats and a lot of pet hair. We are both very much into exercise and health but don't mind cutting loose when we aren't training or racing.

Q: What did you want to be when you grew up?

TSG: I didn't know... but I wanted it to be something that I enjoyed.

JP: I wanted to be an Air Force pilot. I did end up getting my pilot's license but never did fly for the Air Force.

Q: Where did you grow up?

TSG: Roanoke, VA

JP: I was an Air Force brat so I traveled a lot as a kid. We lived in Virginia (twice), California, Maine, Spain and finally ended up in Rhode Island where most of my family lives today.

Q: Where do you live now?

TSG: Midlothian, VA.

JP: Richmond, VA.

Q: How long have you been a USMS swimmer?

TSG: 31 years!

JP: I coached Masters right after law school while I was studying for the Bar Exam in 1996. I didn't swim much for a while afterwards but started again when I decided to try triathlons in 2001.

Q: Did you swim before masters?

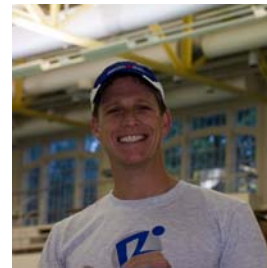
TSG: Yes, in AAU age group swimming for the Roanoke Country Club. After volunteering at the University of South Carolina boys swim meets, I talked the coach into starting a club team for the girls. I did a little swimming my senior year.



Terry Sue

JP: I started swimming fairly late for a year-round swimmer at age 13. I swam in high school and was an All-American in the 200IM and 100Br. I played varsity water polo and was captain of the swim team at UMass. I'm proud to say we won 4 consecutive New England Championships in swimming and beat Brown University (which up to that point had 17 consecutive titles) to win the New England Championship in water polo my senior year.

Jay



Q: When did you do your first legal 25 yd fly?

TSG: I was 8 years old.

JP: Ha, I think it was yesterday. Actually I was probably 14.

Q: Do you do other sports?

TSG: Not really... But, I do love to hit tennis balls on a back board – the back board doesn't get tired of me hitting the ball over the top. I have coached volleyball and soccer, but I'm not a particular good player of either of these sports. I hate to bowl and play putt-putt. I love to watch Golf on TV... I know that is weird.

JP: Triathlon is a passion of mine. I love training for three sports. It keeps things interesting. Not to mention the people involved in the sport are some of the best I've ever met. I did my first Ironman a few weeks ago. I've been fortunate enough to qualify and race as a member of the Team USA Age-Group team at World Championships in Australia in 2009 and Hungary in 2010. These were some of the best experiences of my life.

Q: Do you prefer pool swimming or open water swimming? Why?

TSG: Now I prefer pools over open water even though I have had some of my best success in the ocean and lake swims. I get bored easily and I do not like slime, duck poop, unknown sea animals or water that is not between 78-82 degrees.

JP: I don't really have a preference. I enjoy both. Much like triathlons, I like changing things up so it never gets monotonous. Before triathlons I was a pure pool swimmer and not a distance freestyler at all. I had to revamp my stroke to get better at open water swimming.

Q: Tell me about your coaching experience.

TSG: I coached summer league from ages 16-30. I had my first head coaching job at 18. I took a break until I was 35 and then started coaching summer league here in Richmond, working for Mike Stott. I began coaching masters for VMST at the JCC and then at Briarwood/Riverside/ACAC as a fill in coach. I was asked to coach Trinity High School where I stayed for three years. I then took a shot at college coaching at Hollins University, which was not a good match for me. I returned to Richmond and was asked to interview at St. Catherine's School. I did, but the funny thing was they had already hired someone and I found this out during the interview. Also at the interview I was told that I need to go talk to St. Christopher's School... They needed a new coach. The St. Christopher's Athletic Director, Dick Kemper, and I hit it off - and what a great "boss." I coached for St. Christopher's for two years and then was asked to coach the girls at St. Catherine's as well. We have a wonderful facility and I have wonderful kids. It is a great combination.

JP: I took the head coaching job for a summer league team after I graduated from college: 110 kids and a heck of a summer! I had the opportunity to take law classes at Cambridge University in England the following summer so I had to give up the summer league coaching. I then took the head coaching job of a YMCA Age-Group and USMS program after law school. I really enjoyed that crew. We went to Y-Nats and had a great time. After that I moved back to Richmond for a girl. I started swimming at ACAC with Jim Miller and they needed a coach and I've been there ever since.

Q: Tell me about your USMS volunteer involvement.

TSG: I have served at various positions on the LMSC level. But I am a much better at doing than directing others. I feel that is why I feel that the master's clinics that I put together for VMST were so successful.

JP: I really wasn't involved in USMS at all until Chris Stevenson approached me about being the Coaches Chair last year. It has been challenging: getting coaches to send me information or tell me what they want or need from USMS is like pulling teeth. I have to admit that since we started this new group I have not been as diligent as I was before. Between Ironman, Peluso Open Water, race directing for the Richmond Tri Club, and my law practice, time has been hard to come by.

Q: Tell me about the funniest thing that ever happened to you at a masters practice.

TSG: I had been to an oyster roast and decided to go to Sunday practice after that...I do not know why but I kept missing my turns. That same year the USA coach at Briarwood decided that they needed to swim the width of the pool for short course. Well that was 20 yards instead of the normal 25 yards. I got a really bad case of tendonitis in a backstroke practice. Way too many turns!

JP: The funniest thing that ever happened to me at a masters practice was while on deck I realized my suit had split right down the middle. I guess I had worn it a little too long. Luckily a friend had an extra one that I used to, uh, cover up my backside. Oh, that and meeting Lang Meem. I mean, what's not funny about meeting Lang for the first time. He could only remember my name by calling me Jay-32 because that's how old I was. I'm Jay-40 now. It just doesn't have the same ring to it.

Q: Terry Sue, tell me about the St. Catherine's pool and why you like this new workout group.

TSG: The St. Catherine's Pool is awesome! It has been open for 7 years and we host the majority of our meets because teams really want to want swim here. We also host our league championship and several other teams practice here. The Special Olympics for Virginia have their summer games here. The pool has 8 lanes with two 1-meter diving boards. The water is clean, the air is good and the coaching is great. I am enjoying this new swim

See Spotlight on page 6.

Spotlight continued from page 5.

group because I am challenged by the coaches and swimmers around me. Most recently I have been mainly swimming by myself which is a drag! Now I am thriving off of the challenge with this new group.

Q: Jay, what is your goal for the new Peluso Open Water workout group?

JP: I want it to be just that, a practice group..... It is more fun to work hard with others there to support you.

Q: Anything else you want to add?

JP: I tell this story all the time but I think it is hysterical. As I said I got into swimming relatively late for a year-round swimmer. Most of my friends started age-group swimming when they were 8 & Unders. I was 13 and my family had just moved to Rhode Island from California where, funny enough, I never swam. There was a swim and tennis club up the street from our new house and my mother decided my brother, sister and I were all going to be on the swim team. I wanted NOTHING to do with it. I was a baseball and football player, damn-it. There was NO way I was wearing one of "those little Speedo thingies." I had to swim with the little kids because their practice was only a half an hour and that's all I could handle and I wore a "regular" bathing suit. Jump ahead a few years and I'm squeezing into the smallest suit I can find and shaving my legs. It cracks me up to think about it. I was inducted into the RI Aquatics Hall of Fame in 2004. I still owe my mom for that.

Tip of the Month-- Finding the Fountain of Youth

By Paul Hutinger, Florida Maverick Masters
(from the Maverick Lane Lines, Feb 2011)

One of the questions that I hear most frequently over the years is "Why have my times gotten so much slower?" Aging is inevitable, but like the old adage, "It sure beats the alternative."

In my aging study, ages 50-75* (see below), it seemed that most of the physiological measurements, like lung volumes, max heart rates

and max performances, slowly dropped from 50 to 70, declined more quickly after age 70.

In a recent talk with Robert MacDonald, 82, he noticed that after he turned 80, his times were much slower than in the previous age groups. Realistically, we should expect slower times with each age group. However, the rate of decline seems to increase even more after reaching the big 8-0.

Mentally, you need to accept the increase in slower times, at whatever age group you're in. What is most important, is to realize that with your regular swim training, you have about 20% higher performance capability than sedentary individuals the same age. You will also have a body that can progress more smoothly through the inevitable aging process, that would stop others.

Throughout my cancer surgery and subsequent radiation treatments, the doctors, nurses and technicians were constantly amazed at how quickly I recovered from the surgery and how well I handled the radiation. They found it hard to believe that I was really 86 years old. I attribute my ability to deal with these stressful procedures to my seventy years of training, mainly as a swimmer. In my younger age groups, I was also a biker and triathlete.

Most of you have many years to go to reach the octogenarian crowd. Whatever your ability, keep up the good work in your training and enjoy your 20% better performance capability, which equals about 15 years. When you do reach 75, you will have the body of a 60 year old. Can you imagine a better fountain of youth? Congrats!

**My research and study on longevity, as relating to swimming, actually lived to a ripe old age itself. My data covered more than 35 years, from the time I joined the faculty at Western Illinois University in 1965, until 2000. In the fall of 2000, I presented my findings to the Masters, at the USAS National Convention, in Orlando.*



Kate Hibbard



Pam Dameron

To All Teams...

What Happens to your Money?

From Chris Stevenson, July 25, 2011

Your annual fee is divided into two (or possibly three) parts: in 2011, \$29 went to USMS and \$8 went to the LMSC; clubs can charge an additional fee if they choose. There are other revenue streams as well: the LMSC, for example, receives income from club registration, one-event registrations, and sanctioned events hosted in our LMSC.

What happens to this money? How does it benefit you, the member?

If you want to get a sense of what USMS does with your money, you can check out the 2011 budget proposal that was submitted for 2010 Convention, as well as the Budget Priorities document. And it isn't a bad idea to remind yourself of the benefits of membership in USMS.

What about the LMSC?

It's only an \$8 fee, but we hope to do pretty much with it. USMS has developed a Minimum LMSC Standards document with a set of required and suggested items; in 2010 we determined that we already did the vast majority of these things. I am happy to report that, since this report was issued, we have addressed each and every "NO" item on this list (with one lone exception: we still do not have an Awards Chair).

On the USMS website there was an interesting article outlining ways in which LMSCs can improve the quality of members' experience. The article asks the question: **have we invested well in our LMSC?** This is really a question that only you can answer. A number of financial documents are available on the website to help answer this question (look at section related to the 2011 Budget). A few items of interest:

- **Coaches.** In the past few years we have increased the budget for the Coaches Committee. We routinely award stipends for coaches to attend clinics where they develop further mastery of their craft. In 2011 we

- supported several coaches going to the WAVA Coaching Clinic (Warrenton) and also to SwimFest, both of which offered ASCA Masters Coaching certifications.
- **Communications.** We have revamped our website, added monthly email communication, and made our print newsletter (the Wet Gazette) a monthly publication. Coaches chair Jay Peluso has also started a new quarterly newsletter specifically for coaches in the LMSC.
- **Events.** We now typically offer 6-7 sanctioned competitions per year as well as several clinics each year. We recently prepared a document and created a webpage specifically to help both new and experienced hosts plan events in our LMSC.
- **Officers.** To increase the reliability of our service, both Registrar and Webmaster are paid positions.
- **Incentives.** Memberships for swimmers in the 18-24 age group are significantly discounted.

The Future

If you examine [our budget history](#), you might notice that we have been running an annual deficit for the past few years. This was by choice: the LMSC has accumulated quite a reservoir of cash and we made the conscious decision to invest it back into the membership in the form of increased service. But this cannot continue much longer and we will either have to scale back our services or increase our revenue.

There is one thing you can do to help out. Our single biggest expense is the monthly printed newsletter. You can help keep costs low if you are willing to read it online and opt-out of receiving a copy in the mail. Currently about 10% of our membership does this, saving the LMSC about \$1200 per year.

Hopefully you have an opinion on these matters; please share it with us. Even better: get involved! Volunteer to help out at the club or LMSC level.

Has This Ever Happened To You? Just Wait, It Will.

By Betsy Durrant

Several days ago, I went to my local pool during lap swim to get in a workout alone. It was a Sunday afternoon, and the pool was more crowded than expected. Four lanes are set aside for lap swimming. They were labeled *Fast, Medium, Medium, Slow*. As you know, these labels are relative; it all depends on who is swimming at the time. The fast lane had 4 swimmers, two of whom looked pretty fast. I chose one of the medium lanes because there was only one swimmer. He was pretty slow, but with one swimmer, passing is no problem. Unfortunately, another swimmer joined us. This swimmer was faster than the first, but slower than I am.

It all worked well for my warm-up and for some longer swims. When I was ready for some 100s on an interval, I felt I was on an obstacle course. I couldn't maintain an interval because if my lane mates approached the wall while I was resting, I felt I had to go early so I wouldn't have to pass them again. When I finished the first set of 100s, the fast lane was down to 2 swimmers – a father and teen-aged daughter. I heard them discuss doing some 100s on an interval that was perfect for me. I ducked under the lane line and said I'd like to join them for the 100s. The father looked at me and did not see a swimmer. He saw an old woman (I'm 69). He suggested I move over a few lanes where there weren't too many swimmers. I have gotten accustomed to this reaction and told him their interval was exactly what I wanted, and I wouldn't get in their way. He asked me what time I would do. I told him and he said they'd do 15 seconds faster. I replied that would not be a problem if he left on the interval as I'd be ready to go also.

He wasn't happy, but he gave up and we started. Probably because I was irritated (and trying not to show it), I was faster than predicted and had lots of rest. The father said "Nice swim" after the first 100. We did a few more and then they stopped and told me they were going to kick. I said I had planned one more and went ahead to do it. When I finished, I had only a cool-down left and noticed other lanes were clearing out. I thanked them and started to change lanes again. The father said

"Nice to swim with you. What's your name?" We introduced ourselves and talked. The daughter swims for one of the local high schools, and her coach used to coach my Masters group and is a dear friend. I told her that I officiate at high school meets and had worked at her meet that week. It was all very friendly. When I changed lanes to do my cool-down, there was a huge difference in attitude - the father regarded me as a swimmer, not an old woman. I felt much better about that; I hope he learned something.



Smith Mountain Lake Open Water Swims

When: September 24-25

Where: Mariner's Landing

How far? 5K and 1 Mile

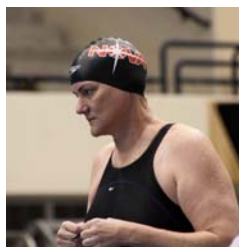
More information: www.lakeswim.net

Online entry

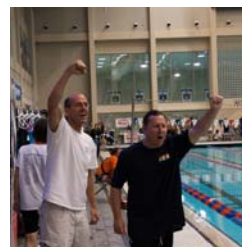
<http://www.summitgroup.us/sml/signup/>

Paper entry

<http://www.summitgroup.us/sml/files/Entry%20Form.pdf>



Nancy Betts



*Dave Holland and Bill
Winters cheering for
Nancy*



Waynesboro Long Course Invitational
September 10, 2011
VA Masters for USMS, Inc. Sanction # 121-06



LOCATION:	War Memorial Pool, Ridgeview Park, Waynesboro, VA 22980. (540) 949-7665 <ul style="list-style-type: none"> • Use 700 Magnolia Ave, Waynesboro, VA 22980 on Mapquest for directions.
FACILITY:	<ul style="list-style-type: none"> • Outdoor 8-lane, 50 meter pool, 13 feet deep at the start end and 3 feet deep at the turn end of the pool with Kiefer Wave Eater lane lines. Competition will be conducted in 6 lanes with one lane continuous warm-up/cool-down and an empty lane between warmup and competition lanes. • Timing will be manual system with three watches.
MEET DIRECTOR:	Name: David Bihl Email: davidbihl@yahoo.com Phone: 717-350-3896 (mobile)
ELIGIBILITY:	<ul style="list-style-type: none"> • Open to all U.S. Masters athletes registered by the first day of the meet. • Age on December 31, 2011 will determine age for the entire meet.
DISABILITY SWIMMERS:	<ul style="list-style-type: none"> • Athletes with a disability are welcomed and shall provide advance notice of desired accommodations to the Meet Director. • The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS THURSDAY, SEPTEMBER 8, 2011.</p> <ul style="list-style-type: none"> • Entries may be submitted in long course meters times (LCM), Short Course Yards (SCY) or Short Course Meters (SCM) times. • "No Time" (NT) entries will be accepted and will be seeded in the slowest heat(s). • Swimmers may enter a maximum of 5 <i>individual events</i> per per day. This number includes distance events. • The Meet Referee or Meet Director reserves the right to limit entries in any events, if necessary, to prevent too lengthy a session. This may include combining heats and events, which actions may require reseeding. • Email entries to: davidbihl@yahoo.com • Mail entries to: David Bihl Waynesboro YMCA 648 S. Wayne Avenue Waynesboro, VA 22980 Phone: (540) 942-5107 • IMPORTANT: If entries are sent via Express Mail/FedEx/Airborne/UPS/etc., please ensure that a signature is NOT required for delivery as this will delay the receipt of your entries. • Deck entries will be accepted in the order received for swimmers already entered in the meet, to the extent that open lanes are available. No additional heats will be added to seeded events. Deck entries must be submitted to the Meet Referee on the provided forms.
FEES:	Individual events: \$8.00 (includes swimmer surcharge) <ul style="list-style-type: none"> • Checks should be made payable to "Waynesboro YMCA SMAC".
SEEDING:	<ul style="list-style-type: none"> • All events will be swum with mixed sexes, all ages, by seed time, slowest to fastest, except distance events. Distance events will be swum fastest to slowest, alternating heats with the fastest 800 meter heat first, followed by the fastest 1500 meter heat, followed by the second fastest 800 meter heat, etc. • All 200 meter or shorter events will be pre-seeded. • All 400 meter or longer events will require a positive check-in to swim Positive check-in will close at the end of warm-ups for the session in which the event will be swum. • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.

RULES:	Current US Masters Swimming rules apply. No "Tech Suits" allowed. Swimmers must provide their own counter (person) to operate lap counter cards, which will be provided for use during the distance events.
OFFICIALS:	Meet Referee: David Bihl Email: davidbihl@yahoo.com Phone: (717) 350-3896 (mobile) <ul style="list-style-type: none"> • There will be a minimum of 4 stroke & turn officials at this meet.
DIRECTIONS:	Take exit 94 off I-64 onto US 340 North (Rosser Ave.) into Waynesboro. Go approx. 2 miles and turn right at the stoplight onto 13 th St. Take the first right onto Linden Ave., which will take you to the grassy parking area at the pool.

Order of Events:

Morning Session (8:15 am warmup/9:00 am competition)

1. 400 Meter FREESTYLE
2. 50 Meter BACKSTROKE
3. 200 Meter INDIVIDUAL MEDLEY
4. 100 Meter BREASTSTROKE
5. 100 Meter FREESTYLE
6. 200 Meter BACKSTROKE
7. 50 Meter FREESTYLE
8. 100 Meter BUTTERFLY
9. 200 Meter BREASTSTROKE
- ***15 minute break***
10. 50 Meter BUTTERFLY
11. 100 Meter BACKSTROKE
12. 200 Meter BUTTERFLY
13. 50 Meter BREASTSTROKE
14. 400 Meter INDIVIDUAL MEDLEY

Distance Session (Warmup N/E/T 12:00 noon/Competition N/E/T 12:30 pm)

15. 800 Meter FREESTYLE
16. 1500 Meter FREESTYLE

2011 Waynesboro Long Course Invitational Individual Entry Form

Last Name¹: _____ First : _____ Middle I: _____

Address: _____ Phone: _____ - _____ - _____

City: _____ State: _____ Zip: _____

Email Address: _____ @ _____

Age²: _____ DOB: _____ Gender: _____

Club Name or Unattached: _____ Registration #: _____

¹Print Name as it appears on USMS registration card. ²All swimmers must be at least 18 years old on 12/31/11

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SWIMMER'S SIGNATURE _____ **DATE** _____

Event #	Event Description	Entry Time	Entry Time Course (LCM,SCY,SCM)
1	400 Free		
2	50 Back		
3	200 Ind. Medley		
4	100 Breast		
5	100 Free		
6	200 Back		
7	50 Free		
8	100 Fly		
9	200 Breast		
10	50 Fly		
11	100 Back		
12	200 Fly		
13	50 Breast		
14	400 Ind. Medley		
15	800 Free		
16	1500 Free		

Mail Entries To:

David Bihl
c/o SMAC Swimming
648 S. Wayne Ave.
Waynesboro, VA 22980

**Entries Must Be Received by
September 8, 2011**

Total Fee enclosed: _____ X \$8.00 = _____
Number of events

Make Checks Payable to:
Waynesboro YMCA SMAC

Local Masters Swim Committee Newsletter
Lisa Bennett, LMSC Registrar
11812 Winfore Drive
Midlothian, VA 23113-2455

<i>Prstd Std</i> <i>U. S. Postage</i> PAID <i>Richmond, VA</i> <i>Permit #3022</i>

News from Warrenton (WAVA)

Results for the Warrenton Masters at the Reston Lake swim:

NW - No wetsuit. First number is overall place.
WD - Wetsuit Division Second number is age group place.

King, Mike 37 WAVA 12th 36:53 1 Mile, NW 50 108 and 14th 1:17:06 2 Mile, NW 102 191
Tupitza, Charles 56 WAVA 6th 33:06 1 Mile NW 44 90 (fly)
Whitney, Kami 33 WAVA 2nd 26:41 1 Mile WD 3 25 and 3rd 55:54 2 Mile NW 29 67
Worst, Jeremy 48 WAVA 13th 59:02 2 Mile NW 54 95 and 3rd 25:35 1MWD 15 17
Raiford, Mark 46 WAVA 8th 30:04 1 Mile WD 40 50 and 10th 1:02:05 2 Mile WD 56 64
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Wrigley, Darren 41 WAVA 9th 31:15 1 Mile WD 47 59
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Results for Warrenton Masters at the Great Chesapeake Bay Swim:

Whitney, Kami	W30-34	2:42:32
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Raiford, Mark	M24-49	2:46.55



Waynesboro Long Course Invitational
September 10, 2011
VA Masters for USMS, Inc. Sanction # 121-06



LOCATION:	War Memorial Pool, Ridgeview Park, Waynesboro, VA 22980. (540) 949-7665 <ul style="list-style-type: none"> Use 700 Magnolia Ave, Waynesboro, VA 22980 on Mapquest for directions.
FACILITY:	<ul style="list-style-type: none"> Outdoor 8-lane, 50 meter pool, 13 feet deep at the start end and 3 feet deep at the turn end of the pool with Kiefer Wave Eater lane lines. Competition will be conducted in 6 lanes with one lane continuous warm-up/cool-down and an empty lane between warmup and competition lanes. Timing will be manual system with three watches.
MEET DIRECTOR:	Name: David Bihl Email: davidbihl@yahoo.com Phone: 717-350-3896 (mobile)
ELIGIBILITY:	<ul style="list-style-type: none"> Open to all U.S. Masters athletes registered by the first day of the meet. Age on December 31, 2011 will determine age for the entire meet.
DISABILITY SWIMMERS:	<ul style="list-style-type: none"> Athletes with a disability are welcomed and shall provide advance notice of desired accommodations to the Meet Director. The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS THURSDAY, SEPTEMBER 8, 2011.</p> <ul style="list-style-type: none"> Entries may be submitted in long course meters times (LCM), Short Course Yards (SCY) or Short Course Meters (SCM) times. "No Time" (NT) entries will be accepted and will be seeded in the slowest heat(s). Swimmers may enter a maximum of 5 <i>individual events</i> per per day. This number includes distance events. The Meet Referee or Meet Director reserves the right to limit entries in any events, if necessary, to prevent too lengthy a session. This may include combining heats and events, which actions may require reseeding. Email entries to: davidbihl@yahoo.com Mail entries to: David Bihl Waynesboro YMCA 648 S. Wayne Avenue Waynesboro, VA 22980 Phone: (540) 942-5107 IMPORTANT: If entries are sent via Express Mail/FedEx/Airborne/UPS/etc., please ensure that a signature is NOT required for delivery as this will delay the receipt of your entries. Deck entries will be accepted in the order received for swimmers already entered in the meet, to the extent that open lanes are available. No additional heats will be added to seeded events. Deck entries must be submitted to the Meet Referee on the provided forms.
FEES:	Individual events: \$8.00 (includes swimmer surcharge) <ul style="list-style-type: none"> Checks should be made payable to "Waynesboro YMCA SMAC".
SEEDING:	<ul style="list-style-type: none"> All events will be swum with mixed sexes, all ages, by seed time, slowest to fastest, except distance events. Distance events will be swum fastest to slowest, alternating heats with the fastest 800 meter heat first, followed by the fastest 1500 meter heat, followed by the second fastest 800 meter heat, etc. All 200 meter or shorter events will be pre-seeded. All 400 meter or longer events will require a positive check-in to swim Positive check-in will close at the end of warm-ups for the session in which the event will be swum. SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.

RULES:	Current US Masters Swimming rules apply. No "Tech Suits" allowed. Swimmers must provide their own counter (person) to operate lap counter cards, which will be provided for use during the distance events.
OFFICIALS:	Meet Referee: David Bihl Email: davidbihl@yahoo.com Phone: (717) 350-3896 (mobile) <ul style="list-style-type: none"> • There will be a minimum of 4 stroke & turn officials at this meet.
DIRECTIONS:	Take exit 94 off I-64 onto US 340 North (Rosser Ave.) into Waynesboro. Go approx. 2 miles and turn right at the stoplight onto 13 th St. Take the first right onto Linden Ave., which will take you to the grassy parking area at the pool.

Order of Events:

Morning Session (8:15 am warmup/9:00 am competition)

1. 400 Meter FREESTYLE
2. 50 Meter BACKSTROKE
3. 200 Meter INDIVIDUAL MEDLEY
4. 100 Meter BREASTSTROKE
5. 100 Meter FREESTYLE
6. 200 Meter BACKSTROKE
7. 50 Meter FREESTYLE
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